

Healthy Kentuckians 2010: Tobacco Cessation

Healthy Kentuckians 2010 recommends increasing the proportion of adults, youth, and women of childbearing age who quit using tobacco products, identifying tobacco users in health care settings, increasing the number of tobacco users who receive advice to quit from a health care provider, and promoting the availability of research-based tobacco cessation treatment.

Tobacco Cessation

Current Smokers' Quit Attempts

- ✓ Overall, 55% of middle school smokers and 60% of high school smokers tried to quit smoking during the past 12 months.
- ✓ Over half of male and almost two-thirds of female smokers have tried to quit smoking cigarettes during the past 12 months.

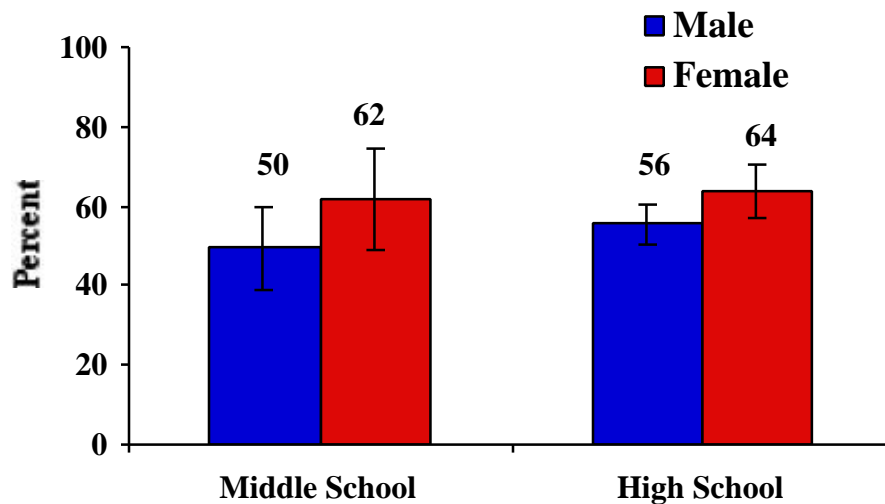


Figure 27. Current smokers who tried to quit smoking during the past 12 months

Background and Significance

Nationally, 58% of middle school smokers and 56% of high school smokers have seriously tried to quit smoking in the past 12 months.¹ Tobacco dependence is a chronic disease that requires ongoing assessment and repeated medical treatment.¹⁶ Cost-effective treatments for tobacco dependence exist resulting in long-term or even permanent abstinence. However, the health care system has failed to treat tobacco use, the chief cause of preventable disease and death.¹⁶ Since tobacco cessation with youth is not clearly understood, research on cessation programs tailored to youth deserves more attention.⁷

Tobacco Cessation

Smokers Who Want to Quit

- ✓ Overall, nearly two-thirds of middle school smokers (63%) and high school smokers (60%) want to quit.

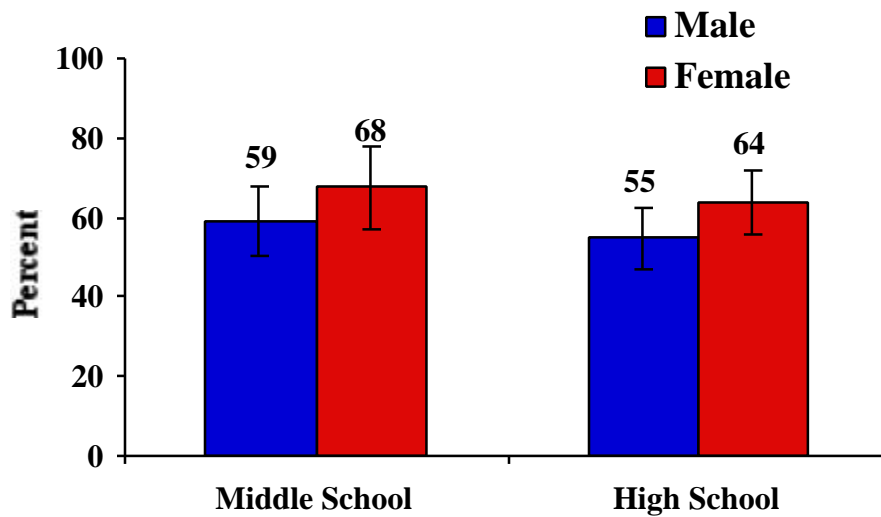


Figure 28. Smokers who want to quit

Background and Significance

Despite high tobacco use rates among youth, half of United States middle school and high school smokers report they want to completely stop smoking.¹ The CDC recommends that schools provide access to cessation programs that help students and staff stop using tobacco rather than punishing them for violating tobacco use policies.

Tobacco Cessation

Current Smokers' Participation in Cessation Programs

- ✓ Regardless of gender, very few middle school or high school smokers have ever participated in a program to quit using tobacco.

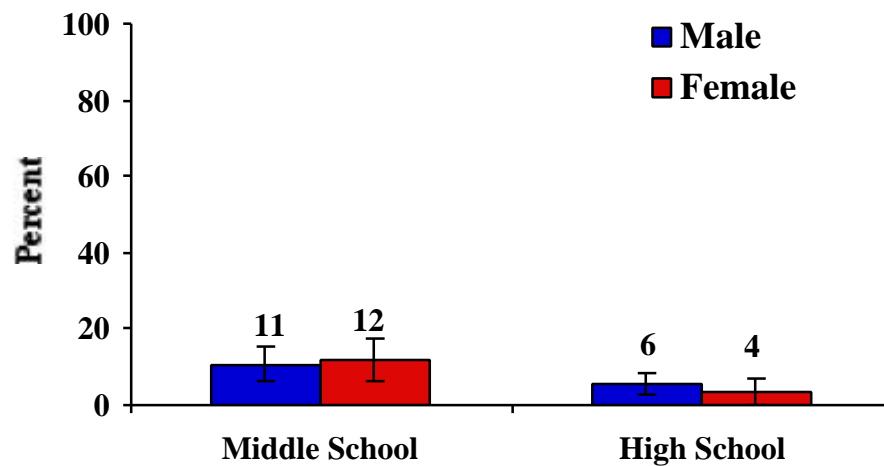


Figure 29. Current smokers who have ever participated in a program to quit using tobacco

Background and Significance

Although the majority of youth smokers are motivated to quit, most are unfamiliar with the methods for quitting or the concept of tobacco cessation programs. Programs that successfully assist youth and adult smokers in quitting can produce a quicker and greater short-term public health benefit than any other component of a comprehensive tobacco control program.⁴ It is estimated that Kentucky spends \$800 million each year treating sick smokers.¹⁷ Effective tobacco cessation efforts would save Kentucky millions of dollars in medical costs each year.

Strategies for Promoting Tobacco Cessation Based on CDC Best Practices

Policy Development

- ❑ Adopt policies that promote mandatory tobacco education programs and voluntary tobacco cessation programs as alternatives to suspension for students who violate school tobacco use policies.
- ❑ Establish population-based tobacco addiction counseling and treatment programs such as a toll-free statewide quit line.
- ❑ Integrate the treatment of tobacco addiction into substance abuse treatment programs.
- ❑ Cover nicotine dependence treatment for tobacco use under both public and private insurance.
- ❑ Eliminate cost barriers to tobacco addiction treatment for underserved and uninsured populations.

Community Mobilization

- ❑ Strengthen school-based programs to include research-based youth tobacco cessation services.
- ❑ Promote public and private tobacco-free policies in organizations that serve children.
- ❑ Tailor tobacco cessation to special populations such as African Americans, Hispanics, pregnant women, and rural users.
- ❑ Collaborate with public and private organizations that have the potential to reach youth tobacco users such as worksites, faith communities, housing developments and neighborhood associations.

Information Dissemination/Media Advocacy

- ❑ Promote cessation through advertising and marketing strategies.

Professional Development and Training

- ❑ Train health care providers how to use research-based tobacco cessation treatment with their patients.
- ❑ Train dental providers to counsel their patients on the role of tobacco use in the development of oral cancers.

Surveillance/Evaluation

- ❑ Conduct research to test the effectiveness of youth tobacco cessation services on youth quit attempts.
- ❑ Monitor youth quit attempts using the Kentucky Youth Tobacco Survey.